



# Snuggle up and Save

## Winter Energy-Saving Checklist

**Directions:** This checklist is designed to help parents, children, and families use less energy in their homes. These energy-saving activities protect the environment, lower bills, and keep out winter chills. Check off activities as you do them together, completing at least two items in each category.

**Earn a Certified Energy Saver certificate!** Send the completed checklist to the Division of Energy & Climate, 100 W Water St. Suite 5A, Dover, DE 19904 or by email to [outreachdec@state.de.us](mailto:outreachdec@state.de.us) for a certificate personalized with your child's name.

### Living Room

- ☐ **Put throw blankets in common areas** to snuggle up, instead of turning up the heat.
- ☐ **Set the thermostat temperature** so it's lower at night and during the day when no one is home. A programmable thermostat allows you to 'set and forget' day and nighttime temps.
- ☐ **Hold your hand up to windows and doors—can you feel cold air coming through?** Weatherstripping only costs a few dollars and can be used to seal these leaks.
- ☐ **Place a rolled up towel along the doorjamb, or use a door sweep.** This will hold heat in and keep chills out.



### Follow along with us!

Tweet pictures of completed checklist activities and tag [@EnergyClimateDE](https://twitter.com/EnergyClimateDE), [#energysaver](https://twitter.com/energysaver) or share at [facebook.com/EnergyClimateDE](https://facebook.com/EnergyClimateDE)



### Kitchen

- ☐ **Set your refrigerator** to 38° - 40°F, and your freezer to 10°F.
- ☐ **Fill the dishwasher before running it**—one full load uses less water and energy than several small ones.
- ☐ Getting ready for a holiday party or winter feast? **Cook 3 or 4 items in the oven at once** to conserve heat, and enjoy the warmth and good smells!
- ☐ **Set up a clothesline or drying rack for laundry.** When your family uses the dryer, dry multiple loads in a row so it doesn't have to reheat each time.

### Bathroom

- ☐ **Set an egg-timer next to the bath/shower.** Keep showers short to save water.
- ☐ **Hang a sign where you brush your teeth,** reminding family members to turn off the faucet in between rinsing.
- ☐ **Replace old lightbulbs with LED bulbs.** These only cost \$1-2 per year to light, and can be used throughout the house!





## Bedroom



- ❑ **Unplug chargers and electronics** that are fully charged or aren't being used.
- ❑ **Turn off lights and gadgets** in empty rooms.
- ❑ **Put cozy flannel sheets and warm winter blankets on your bed**, so you can keep the household temperature lower at night.
- ❑ **Open curtains if it's daytime** to let sunlight inside, and close them at night to keep in warmth.

## On the Go

- ❑ **Call a friend or neighbor to organize carpools** to sports practices, music rehearsals, tutoring sessions, and other activities.
- ❑ **Draw a map of your town**, including stores, schools, and other places you go on a regular basis. Plan out a route that covers daily trips with the shortest path and least fuel.
- ❑ **Pick one trip this week where you can walk, bike, or skateboard** instead of driving.
- ❑ **Put reusable shopping bags in your trunk** so they're ready for the next trip to the grocery store.
- ❑ **Talk about ways to save fuel in the car.** For example, drivers and passengers can be patient and let the car heat up as it drives, instead of idling to warm it up before everyone gets in.



**Bonus:** Appoint a family member to be the **Switch Sheriff**, tasked with checking empty rooms for lights and reminding everyone in the house to keep good energy habits.



## Additional Tips for Adults

Making your home energy-efficient can significantly reduce your energy bill while increasing environmental responsibility and setting a great example for kids. Visit [energysaver.gov](http://energysaver.gov) for resources and tutorials.

- ◇ Replace filters and have your HVAC system serviced regularly for maximum efficiency.
- ◇ When buying new appliances, look for the Energy Star rating or Energy Guide label.
- ◇ Make sure your hot water heater and hot water pipes are well-insulated.
- ◇ The Delaware **Weatherization Assistance Program** ([de.gov/wap](http://de.gov/wap)) for low-income families provides free in-home energy efficiency upgrades by trained professionals that can lower your energy bill.
- ◇ Delaware **Sustainable Energy Utility** ([energizedelaware.org](http://energizedelaware.org)) offers energy efficiency support.
- ◇ Electric cars can save you money on travel and fuel. Visit [de.gov/cleantransportation](http://de.gov/cleantransportation) to learn about rebates for cars and charging stations.